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IS LOHAN SAYING 'PEACE OUT' TO NYC?

HEY, SHE'S YOUR PROBLEM NOW, UNITED KINGDOM! PAGE 16

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Sharlto Copley: More than a villain

PAGES 18-19

Martha Stewart's hot weather recipes

PAGES 20-21

Visiting 9/11 Museum may help grieving

PAGE 23

Teams mourn owner who died in plane crash

Federal investigators on Sunday examined the plane's wreckage in the gully where it landed after leaving the runway at Hanscom Field. / NICOLAUS CZARNECKI, METRO

Big influence. Lewis Katz, who owned a minority stake in the New York Yankees and was once an owner of the New Jersey Devils and Nets, was killed in a fiery wreck over the weekend. **Media mogul.** The investor had recently purchased the Philadelphia Daily News and Daily Inquirer. PAGE 02

Peter C. Knudson, public affairs officer and spokesman for the National Transportation Safety Board, addressed the media at the MassPort Civil Air Terminal on Sunday. / GETTY IMAGES

1 NEWS

Today's tweet

"It's June and my team is still on ice. Not the Pens. Not the Red Wings. Not the Ducks. The Rangers. The actual New York Rangers."

@Klabetts

Top 3

What's trending online at Metro.us

1 'Serena Williams shows off her butt, parties with Caroline Wozniacki'

2 '2014 NBA mock draft: updated June 2 version'

3 'VIDEO: The National Spelling Bee delivers again'

Yankees, Nets former owner is remembered

Investigation. An owner of the Yankees and former owner of the Nets and Devils died in a plane crash.

New York sports teams reacted on Sunday to the death of Lewis Katz, a newspaper publisher who owned a stake in the New York Yankees and was a former owner of the New Jersey Devils and the New Jersey Nets.

Katz, co-owner of The Philadelphia Inquirer, was killed along with six others in a small plane crash that occurred Saturday night on a trip to Massachusetts.

The National Transportation Safety Board is looking into what caused the plane to crash and burst into flames while attempting to take off.

Investigators said the private Gulfstream IV crashed around 9:40 p.m., and according to a witness account, never became airborne.

"Lewis was a minority owner of the Yankees and a valued, longtime friend and colleague to so many of us within the organization. We will cherish his sense of humor, intellect, and deep sense of philanthropy. Lewis had a huge heart and was always there when someone needed help," said Hal Steinbrenner, Yankees managing general partner.

Katz was also part of a group who owned the New Jersey Devils from 2000 to 2004. The Devils won the Stanley Cup in 2003.

"I was shocked this morning to receive the news regarding the loss of one of our former owners, Lewis Katz, along with six others last night," New Jersey Devils president and general manager Lou Lamoriello said.

The Brooklyn Nets also released a statement about their former owner.

"The Brooklyn Nets organization was shocked and saddened to learn of the tragic death of Lewis Katz, an exceptional man who was the visual face of the ownership group during the most successful period of the Nets NBA franchise. Besides his love of the game, Lewis was deeply committed to the community and leaves an enduring record of philanthropic initiatives," a Nets spokesperson said. METRO

Members of the NTSB were on the scene to investigate the plane crash at Hanscom Air Force Base. / NICOLAUS CZARNECKI, METRO

What we know

- All aboard — four passengers, two pilots and one flight attendant — were killed.
- There was no unusual communication before the crash.
- The group was en route to Atlantic City in New Jersey.
- Hanscom Air Field, where the incident occurred, is a joint military and civilian facility.

A life recalled

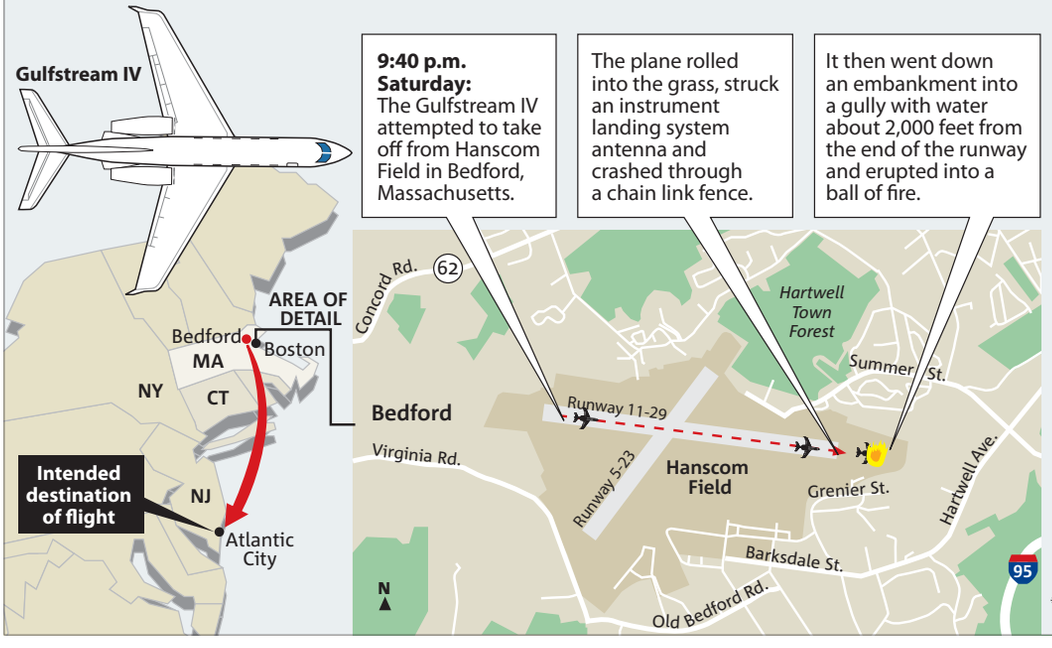
Katz was a native of Camden, New Jersey.

- He was co-owner of The Philadelphia Inquirer, the Philadelphia Daily News and Philly.com.
- He once owned a stake in the New Jersey Nets and Devils and was an owner of the Yankees.

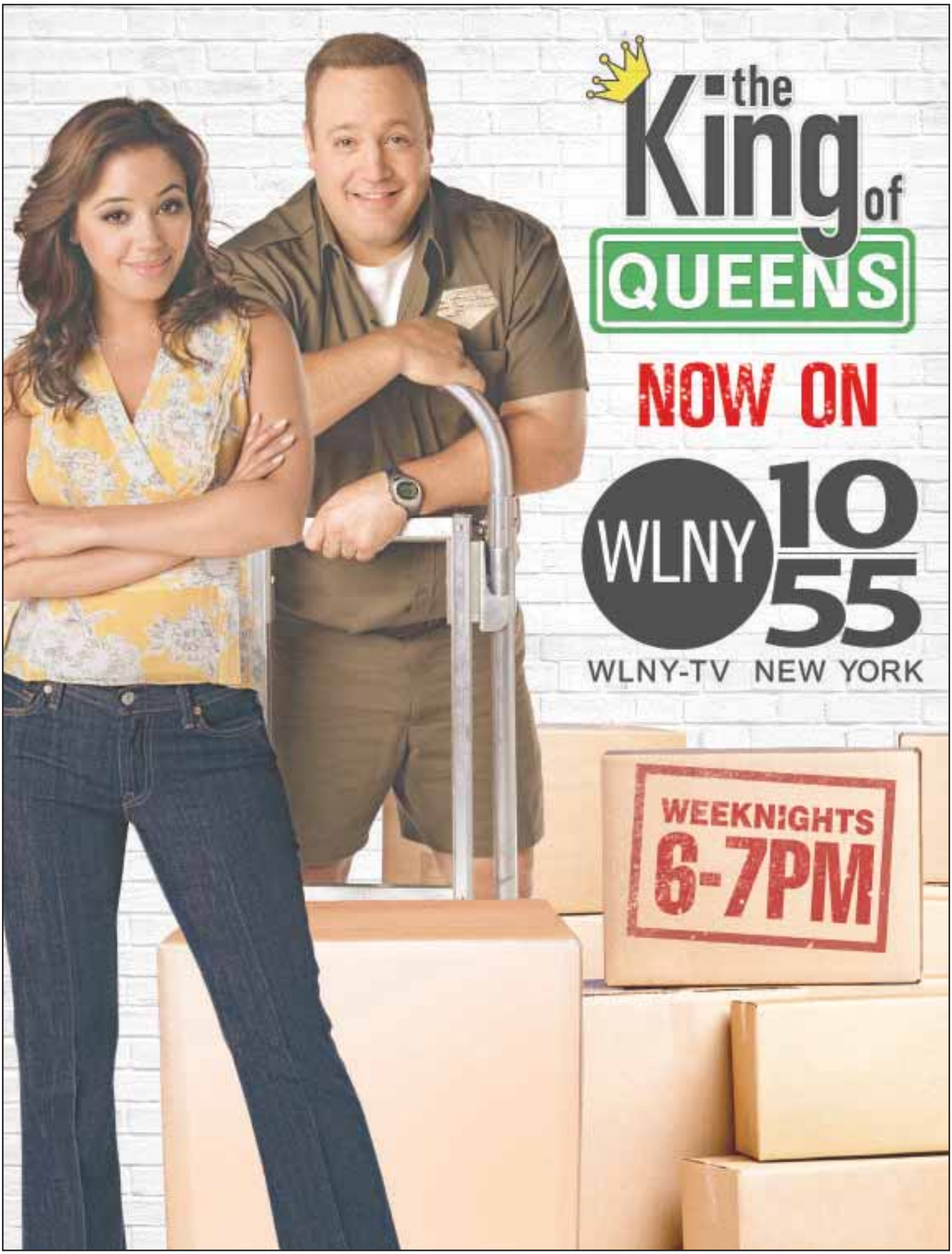
BILLY BECERRA, METRO

Anatomy of the fatal crash

Seven people were killed when a private jet caught fire and crashed as it tried to take off near Boston.



*Drawings not to scale
Sources: Massport, Reuters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Transparency. NYPD inspector general is pushed to use powers

The new watchdog for the New York City Police Department hasn't been on the job for a week, yet calls for investigations into the police force are piling up.

On Monday, the coalition Communities United for Police Reform laid out nine priorities for the first-ever NYPD Inspector General Philip Eure.

Among the recommendations are investigations into what the group describes as unlawful searches in arrests related to marijuana and condom possession, as well as excessive force.

The document points to reports of disproportionate targeting of black and Latinos, especially in reference to stop-and-frisk.

However, the lack of data on issues including excessive force and summonses for minor violations is of concern for Candis Tolliver of the New York Civil Liberties Union, part of Communities United for Police Reform.

"The problem right now is we just don't have that information," she said.

The NYPD did not respond for a comment. **CHESTER JESUS SORIA**

Philip Eure / PHILIP EURE

Findings

In 2013, the Civilian Complaint Review Board reported 3,695 physical force allegations against NYPD officers.

- Nearly 85 percent of the marijuana arrests in NYC are black and Latino.

Harlem remembers Maya Angelou

A memorial took place for the poet Maya Angelou on Saturday outside of her former home in Harlem. People left flowers and recited poems at the event. Angelou, an award-winning poet and civil rights activist, died last Wednesday in her Winston-Salem, North Carolina, home at the age of 86. Rev. Al Sharpton led the rally that took place outside of the home. / GETTY IMAGES

Gun violence

Four people shot in Crown Heights park

Four people were shot in a Crown Heights park on Saturday night, police said.

An unknown shooter gunned down three men and one woman in St. John's Park around 8:10 p.m., police said.

Two men were transported to Kings Count Hospital. One man, 32, had sustained a gunshot wound to his right ankle.

The other, 31, had been shot in the chest as well as his leg and arm and was in critical condition.

The other victims, a man and a woman, were taken to Interfaith Hospital in stable condition.

The man, 33, was shot in his left arm and the woman, 54, was shot in the right leg.

The investigation is ongoing. **EMILY JOHNSON**

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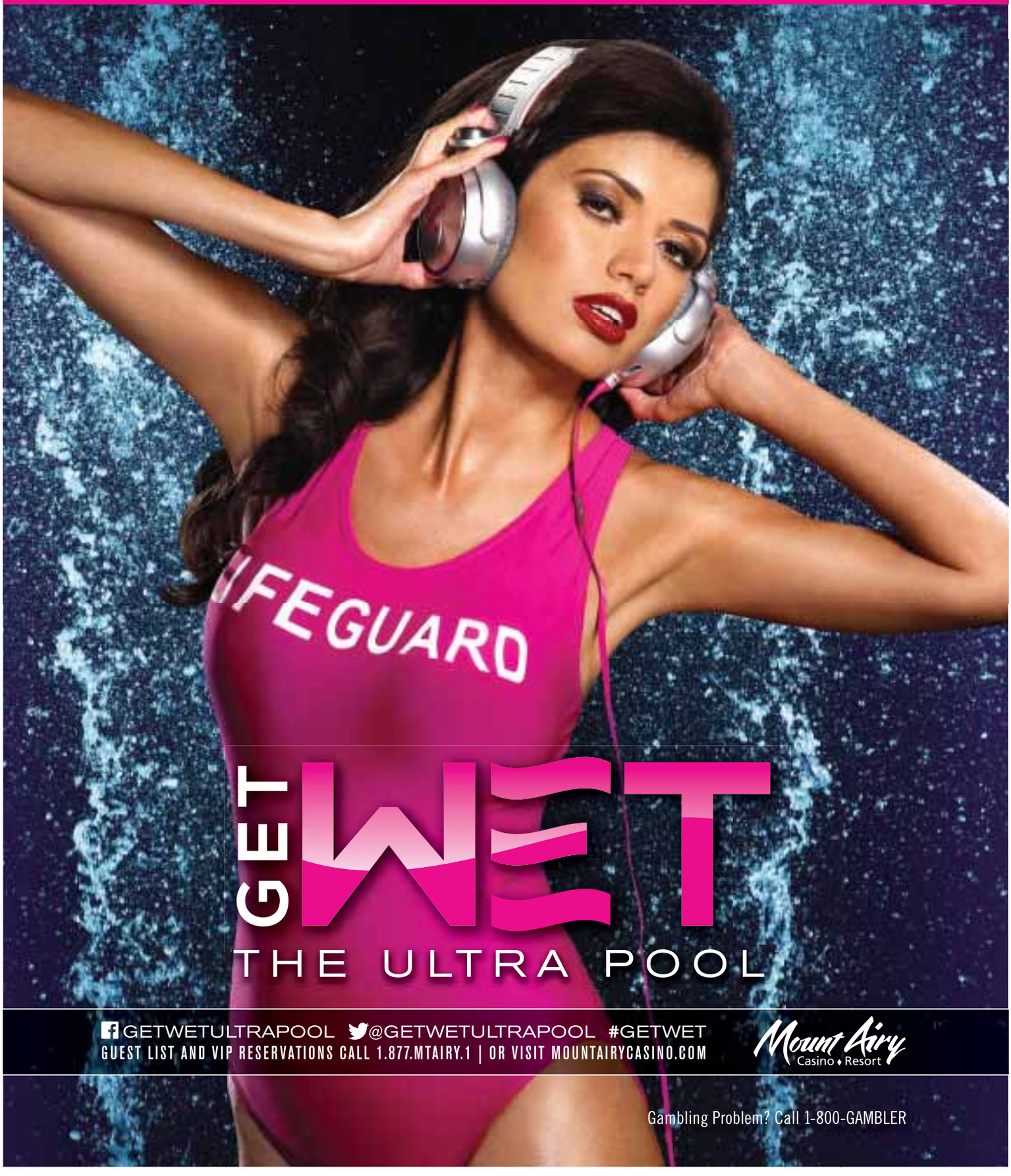

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Working families

Cuomo wins endorsement

The Working Family's party, a bastion for left-leaning and progressive politics in New York City, endorsed Gov. Andrew Cuomo on Saturday.

Cuomo earned 59 percent of the delegates' vote.

CHESTER SORIA

Vicious attack

Two women wanted in 7 train assault

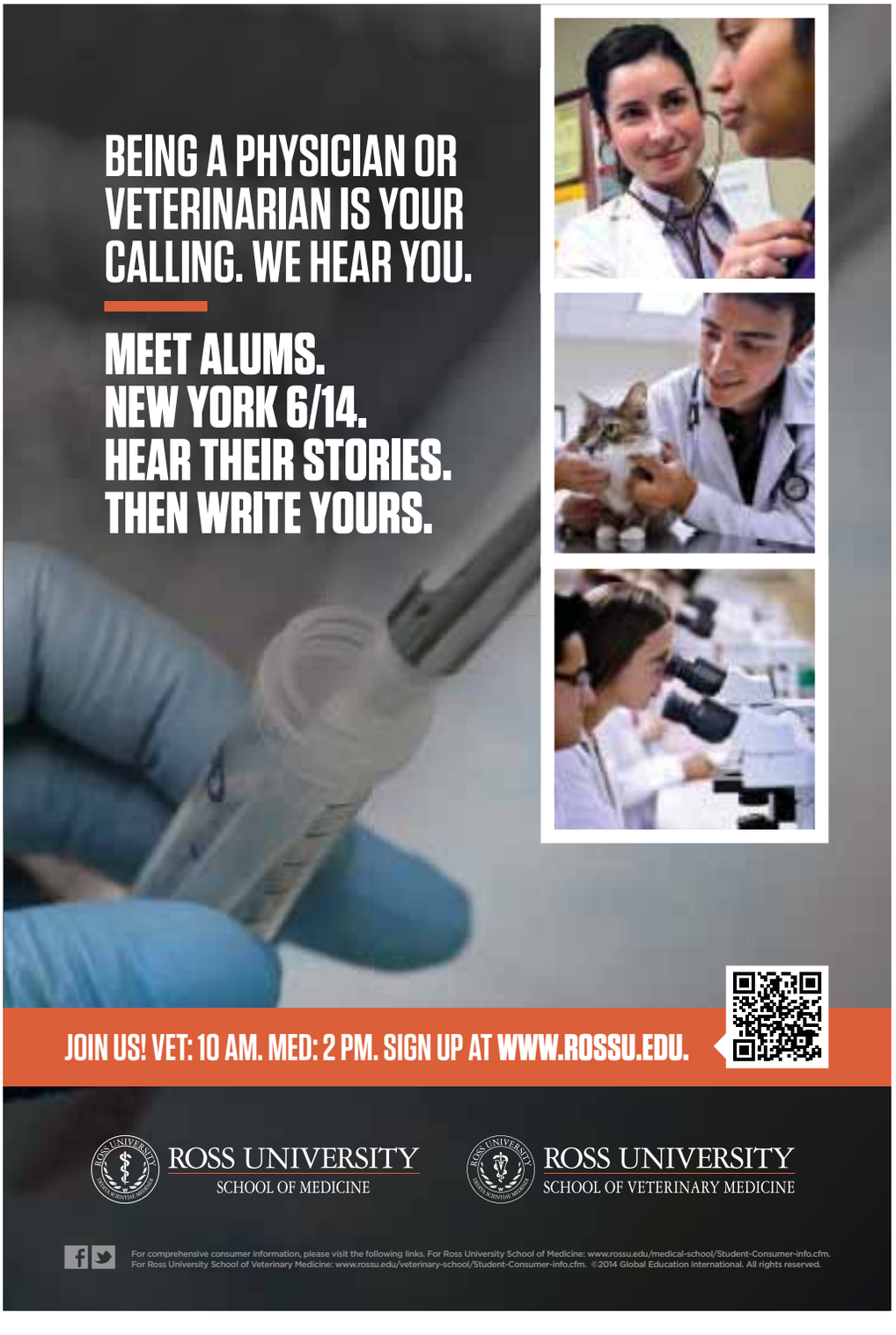
Police are seeking two women accused of punching and slashing a passenger on the 7 train in Queens last month.

On May 24, a 22-year-old man got into an argument with two women on the Manhattan-bound platform of the 74th Street and Roosevelt Avenue train station, police said.

The suspect / NYPD

The two women started punching the man. One of them allegedly slashed him in the arm and shoulder with an unknown weapon.

Anyone with information can call NYPD's Crime Stoppers Hotline at 800-577-TIPS. EMILY JOHNSON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See more at www.metro.us

Superstorm Sandy struck NYC in October 2012.
GETTY IMAGES

Stormy time of the year as hurricane season starts

Gusty. Forecasters are predicting a mild hurricane season this year.

Hurricane season officially kicked off on Sunday and while many New Yorkers are still anxious in the lingering aftermath of Sandy, meteorologists are anticipating a relatively mild season.

There is a 50 percent chance of a below-normal hurricane season in the Atlantic region and a 40 percent chance of a near-normal season, according to a report released late last month by the National Oceanic and Atmospheric Administration.

NOAA predicts that only one to two major hurricanes will develop in the Atlantic region, which is expansive and includes the North Atlantic, the Caribbean, and the Gulf of Mexico.

Somewhere between three and six smaller hurricanes are anticipated, along with eight to 13 tropical storms strong enough to merit names.

If predictions are correct and 2014 does indeed prove to be a milder season than usual, it would pick up where 2013 left off. Last year's season provided a welcome respite after the furor of 2012, with the fewest hurricanes since 1982.

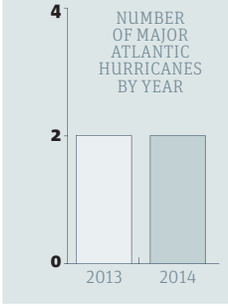
Despite the promising outlook, tri-state disaster agencies aren't taking anything for granted.

The Red Cross took to Twitter to remind residents of northern New Jersey to prepare for any major storms.

"Hard to think #HurricanePrep on this beautiful day, but take 1 easy step 2 prep now," the agency tweeted, linking to a free hurricane disaster plan.

EMILY JOHNSON
@metroneyork
letters@metro.us

Hurricane forecast



Afghan prisoner swap frees US soldier

Jani Bergdahl listens as her husband Bob speaks about the release of their son. / GETTY IMAGES

Exchange. Bowe Bergdahl had been held for five years.

The sole American prisoner of war held in Afghanistan was flown to a U.S. military hospital in Germany on Sunday after being freed in a swap deal for five Taliban militants who were released from the Guantanamo Bay prison in Cuba.

Army Sgt. Bowe Bergdahl had been held for nearly five years. His release, following years of negotiations, suddenly became possible after harder-line factions of the Afghan Taliban shifted course and agreed to back it, U.S. officials said.

U.S. Defense Secretary Chuck Hagel said he hoped the exchange might lead to breakthroughs in reconciliation with the militants.

He denied accusations from some Republicans the swap resulted from U.S. negotiations with terrorists, saying it had been worked out by the government of Qatar.

"We didn't negotiate with terrorists," Hagel said in an interview on NBC's "Meet the Press." "As I said and explained before, Sergeant Bergdahl was a prisoner of war. That's a normal process in getting your prisoners back." REUTERS

Hard-line Taliban

Faction shift may have won exchange

The breakthrough leading to Saturday's surprise exchange suddenly became possible after harder-line factions of the Afghan Taliban apparently shifted course and agreed to back it, according to U.S. officials.

The United States had tried diplomacy since late 2010 to free Bergdahl, but the efforts came to little until now.

Mistrust between Washington and the insurgents had blocked progress, U.S. officials said.

So did the deep-seated fears of Afghan President Hamid Karzai that a deal between the Americans and the Taliban would undercut him and his fragile government. REUTERS

Good news

Family, hometown celebrate

Balloons, symbolic yellow ribbons and celebratory signs sprouted up in the small mountain community of Hailey, Idaho, on Saturday after news that native son U.S. Army Sgt. Bowe Bergdahl had been freed after almost five years as a prisoner of the Taliban.

Bergdahl's parents said they were ecstatic to hear the news from President Barack Obama, whom they later joined at a news conference in the White House Rose Garden.

"We cannot wait to wrap our arms around our only son," Bob and Jani Bergdahl said in a statement.

A senior U.S. defense official said the Bergdahls, who live in Hailey, happened to be in Washington when they got the news their son had been freed. REUTERS

Quoted

"We were so joyful and relieved when President Obama called us today to give us the news that Bowe is finally coming home."

A statement from the Bergdahls

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Obama to detail Russian policy in trip to Europe

Second chances. The president will visit Ukraine's neighbor, Poland, to meet with new president-elect.

President Barack Obama heads to Warsaw, Brussels, Paris and Normandy this week where he is expected to elaborate on the U.S. commitment to counter Russian moves against Ukraine and reassure nervous allies the United States has their backs.

In Poland, Ukraine's western neighbor, Obama meets with Eastern European leaders — including Ukraine's president-elect, Petro Poroshenko, on Wednesday — and is expected to address criticism he has not done enough to push back against Moscow after it annexed Crimea in March.

The president's trip follows a speech at the U.S. Military Academy last week in which he argued that American leadership in the world should be exercised mainly by diplomacy, multilateral action and economic pressure, as in Ukraine, rather than through military might.

REUTERS

Obama has faced calls from Eastern Europe to be more forceful with Russia.
GETTY IMAGES

Quoted

"Our ability to shape world opinion helped isolate Russia right away. Because of American leadership, the world immediately condemned Russian actions." Barack Obama

JOHN LOPEZ / REX FEATURES

Artist turns scrap metal into animals

This heavy beast look like he's up for a scrap — scrap metal, that is. This sculpture is one of several works of artist John Lopez, who welds the pieces from abandoned farm machinery. Based in Lemmon, South Dakota, the 43-year-old has created full-size replicas of animals such as a horse, buffalo and even a triceratops dinosaur. METRO WORLD NEWS

Fixing the VA

Senator to introduce bill for veteran care

Sen. Bernie Sanders said Sunday he will introduce legislation that would offer military veterans the option of private medical care, rather than endure long waits at facilities under the troubled Veterans Affairs Department.

Republican Sen. John McCain said on CBS's "Face the Nation" that veterans had lost confidence in the VA and that the agency's problems are systemic.

REUTERS

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Oceanographer begins 31-day stay underwater

Under the sea. Fabien Cousteau is looking to break a record held by his famous grandfather Jacques Cousteau.

Fabien Cousteau, grandson of famed oceanographer Jacques-Yves Cousteau, descended on Sunday for a monthlong undersea stay in a laboratory off Florida, attempting to break a record for a similar sojourn set by his grandfather a half-century ago.

Cousteau, along with two more so-called "aquanauts" plan to spend 31 days at a depth of about 60 feet in a 43-foot-long laboratory named Aquarius in the turquoise waters off the Florida Keys, monitoring marine life and filming the environment.

In 1963, Jacques-Yves Cousteau spent 30 days in a similar facility in depths of about 30 feet in the Red Sea.

"We're marking a new era in ocean exploration," said Cousteau, 46, who was born in Paris and grew up on his grandfather's ships, Calypso and Alcyone.

Aquarius is air conditioned with wireless Internet access, a shower, a bathroom, six bunks and portholes that give the occupants a 24-hour view of the surrounding marine life.

Researchers will host Skype interviews with classrooms around the world and will have several dives to study wildlife and coral reefs surrounding Aquarius. REUTERS

JACQUES-YVES COUSTEAU, SEEN HERE IN 1978, DIED IN 1997. GETTY IMAGES

In the money

California man returns $125K that fell off truck

A California man who found a bag containing $125,000 said he returned the cash to the armored truck company that accidentally dropped it because it was the "right thing to do."

Joe Cornell, 52, told the Fresno Bee he saw the bag of cash fall out of the back of a Brinks armored transport car as it drove over railroad tracks in downtown Fresno.

"I started crying and shaking," Cornell said. "Everything was going through my mind, the good devil/bad devil thing," he said. REUTERS

By the numbers

$5K

The armored car company rewarded Cornell with $5,000 and a matching donation to the Salvation Army.

Bueller? Chicago home featured in movie sells for $1M

The steel-and-glass Chicago-area house featured in the 1986 movie "Ferris Bueller's Day Off" has sold for $1.06 million, according to a real estate brokerage.

The two-building property in the suburb of Highland Park first came on the market five years ago, but the sale stalled because of the sagging real estate market and the house's "very specific" architecture, according to Craig Hogan, director of Coldwell Banker Previews International, the brokerage's luxury division. The selling price was less than half the original listing price of $2.3 million.

The smaller of the two buildings played a part in the John Hughes coming-of-age movie as the garage that held a precious Ferrari convertible that Ferris, played by Matthew Broderick, and his friend Cameron take for a joyride around Chicago. REUTERS

Cameron, right played by Alan Ruck, lived in the house with his father in the film "Ferris Bueller's Day Off." / GETTY IMAGES

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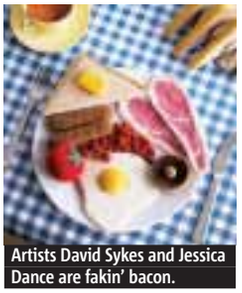
OMG! Photography project 'Comfort Food' will make a fool of you

It's not summer without one of these. / ALL PHOTOS DAVID SYKES


Artists David Sykes and Jessica Dance are fakin' bacon.

Hold the onions, please.

It's the mouth-watering menu that looks too good to be true — and that's because it is. A creative duo is pulling the wool over your eyes with knitted versions of some food favorites ranging from a full breakfast to a cheeseburger. The delectable-looking delights form part of a series of images entitled "Comfort Food" by London-based photographer David Sykes and model-maker Jessica Dance. Sykes tells us about the treats that'll get your taste buds tingling — but for all of the wrong reasons.

Are these images designed to tempt and tease the hungover and hungry?
[Chuckles] I guess I'm trying to get people to look twice. At first glance it looks like real food, then people look again and see it's made of wool.

Has anyone tried to take a bite?
Not yet.

Have you thought about doing the photography for those greasy spoons with the unappealing food photographs?
[Laughs] I could do. They could do with a bit of polishing up. The key to making food look good is soft lighting.

Why did you decide to omit the classic black pudding from the traditional English breakfast?
That's one of my favorites, to be honest. It's about balance and not trying to make the plate look overcrowded. Also, [it] might have looked like a black blob — the foods needed to be easily recognizable.

EDWARD THOMPSON, MWN

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How to fill your community service hours

Volunteering. Find a project that matches your interests.

Signing up for a trash collection relay race is a fun way to fulfill community service requirements. / CREATAS

Summer vacation is a great time for high schoolers to dive into community service projects that will help fulfill their graduation requirements.

Nonprofit community service organization DoSomething.org pairs young people with service opportunities. Education campaign manager Farah Sheikh shared some of the site's suggestions for students looking to volunteer.

Find a cause that suits your interests

DoSomething.org's volunteers tend to pick projects that they feel strongly about, says Sheikh. "Bullying is one of our top causes. It resonates with everyone," she says. "A lot of our opportunities are not traditional volunteer actions. They are actually issues that young people care about."

Pick something that fits your schedule

Carving out a weekly block of time to volunteer isn't possible for everyone, which is why it's key to find something with a manageable time commitment.

This August, DoSomething.org is holding its weeklong service event The Hunt. Those who sign up will receive a text each morning with that day's service theme. (For example: A team of volunteers may decide to throw a book drive on a literacy-themed day.) Participatants receive an online certificate and can enter a scholarship competition.

Recycle

Clean your closet

DoSomething.org is currently partnering with H&M and actress Olivia Wilde for its Comeback Clothes campaign. Young people can collect used clothing and bring it to their local H&M, which will transfer them to a recycling facility. Though most fabrics can be recycled, 85 percent of unwanted clothing ends up in landfills.

Have fun in the sun

Looking for a more traditional volunteer opportunity? Consider signing up for a planting party or a trash pick-up relay race at a local park. "We always have a little spin on things to make them more fun," says Sheikh.

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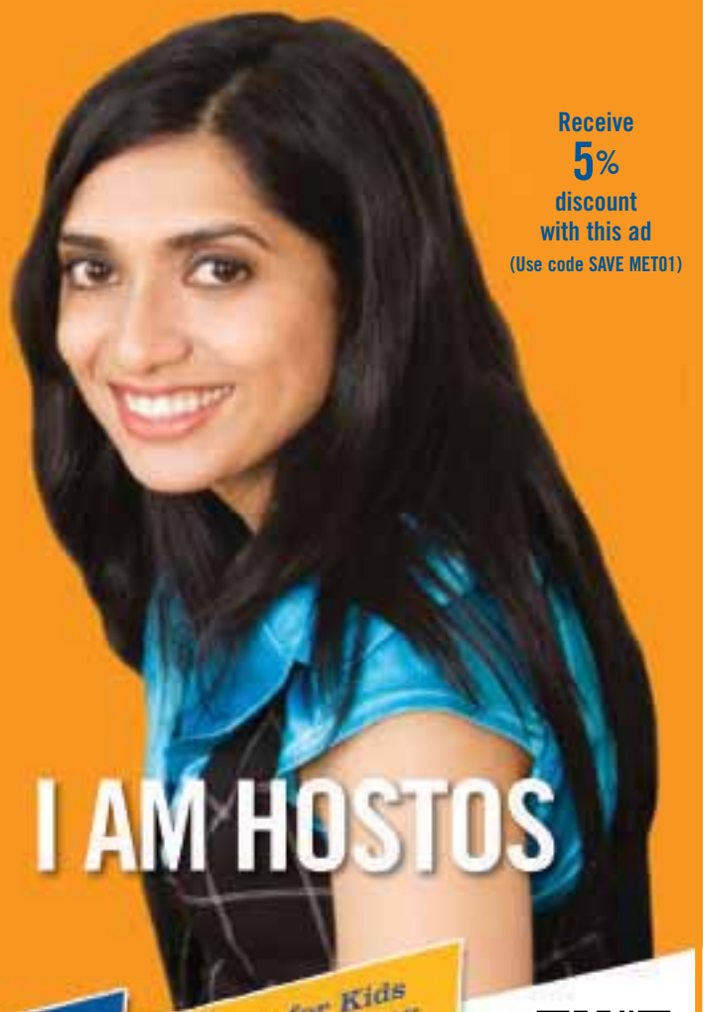

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Leaving NYC

Yes, this weekend was moving day for billions of college students, as you probably noticed more than a few ratty couches sitting curbside as you made your way through the city, but undergrads aren't the only ones heading to new digs. Michelle Williams is gearing up to leave Brooklyn and move back to Los Angeles to make securing film roles easier, and apparently her 8-year-old daughter, Matilda, is looking forward to finding new ways to dodge the paparazzi, according to Radar Online. "Matilda is joking that she's going to impersonate Suri Cruise," a source says. "They have a set of disguises they use specifically in Los Angeles that makes them completely unrecognizable to photographers and allows them to have long mother-daughter days in complete privacy. Matilda is absolutely loving the game."

Perennially troubled starlet Lindsay Lohan may also escape from New York. She's apparently looking to make her recent trip to the U.K. more of a permanent one by snagging a place to live and ditching her current home of New York City, according to the Sun. "Lindsay's really enjoying being in the U.K. and has told her pals that she's staying here for good," a source says, adding that Lohan has also apparently been boasting to friends that a move across the pond could get her career back on track. "Lindsay has also started investigating getting acting work in London."

A "source," on Williams

"They have a set of disguises they use specifically in Los Angeles that makes them completely unrecognizable to photographers. ... Matilda is absolutely loving the game."

London calling

News of Lindsay Lohan moving there aside, it seems like London is where it's at these days. Selena Gomez went to a Katy Perry concert at the O2 Arena with a group of her model friends, including Suki Waterhouse, Cara Delevingne and Mary Charteris. Luckily for us mortals, Gomez posted a pic on Instagram of the girls either pregaming or backstage, so we don't feel left out. She paraphrased a Perry song for the caption, writing, "This is how we do, da do." Later Charteris tweeted that she was "totally Katy Perry-ing right now. Kissing girls and loving it!!" As of press time, no photos of this activity have hit Instagram. Boooo!

LASSE E. KRISTIANSEN

Gomez, left and her pals, Suki Waterhouse, Cara Delevingne and Mary Charteris chill and do some "Katy Perry-ing."/ INSTAGRAM

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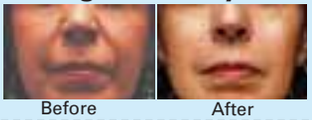

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The female side

Old times vs. new times

Do you think women still like a classic masculine attitude, even though that can be extremely harmful to the environment and to the world?

You could argue that now women can do more of what they want to do. But there is still something in women that likes a guy who's a strong guy. But when you run away with that and you don't use that strength for protection, you can't be surprised that women are starting to say, "We don't like this" and having to fight back in a way. I think, in a certain way, the female influence is very big in the writing of this film. That there are strong female role models like Angie playing this role and making sure these messages are clear.

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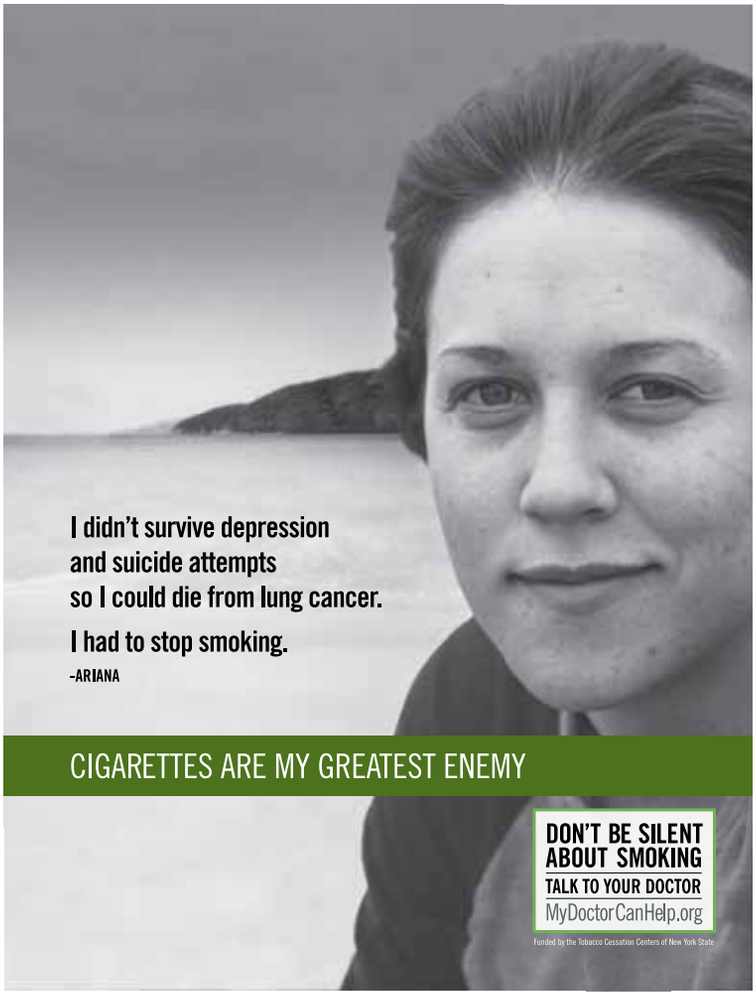
'I don't like

Sharlto Copley's latest film is the Angelina Jolie-starring "Sleeping Beauty" riff "Maleficent." GETTY IMAGES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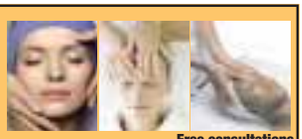

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playing villains'

Interview. Sharlto Copley thinks "Maleficent" is a critique of male aggression.

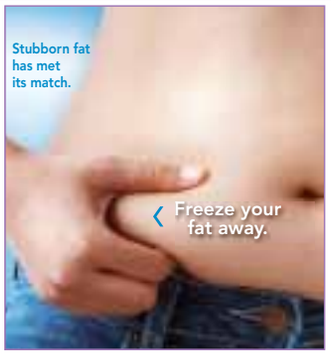
South African actor Sharlto Copley ("District 9") has put a lot of thought into the decisions his character Stefan makes in "Maleficent," namely betraying the title fairy (played by Angelina Jolie) and setting her on a path of revenge. And that thought quickly became a lot of thinking about society, gender roles and the male ego.

Stefan is pretty much the villain in this story, but you can't really oversimplify him as such, can you?
I don't like playing villains. I'm not an actor who enjoys it more. But in this case, I felt like this was an opportunity in a very female-centered film to make a cautionary tale for men of what can happen to that male ego, the male desire and ambition for power. It's a very stereotypically male trait. And when that runs away with itself and is left unchecked, what happens then? How many stories can I tell you of very successful men who destroyed their families — they traded in their wives for younger versions as soon as they were successful, they didn't spend time with their kids. That's what King Stefan is — in an extreme version.

This film depicts old-school male aggression as being very outdated and harmful.
It's not surprising that we're getting to a point where women are going, "Listen, this male energy is really messing up the world." Again, I'm stereotyping, but there is a male type of ego and a male energy in the world. If you go back to look at it in evolutionary terms, it was there to protect families from saber-toothed tigers. That's what we did, that's why we were useful. The world doesn't need that in the same way anymore, so now you have this drive, this male energy, that's left unchecked and what does it do? You see this more and more that men, as they become more powerful, those two primal male urges come up — which I think almost any man can relate to, if their honest with themselves — of protecting and conquering.

Quoted

"How many stories can I tell you of very successful men who destroyed their families. ... That's what King Stefan is — in an extreme version." Copley



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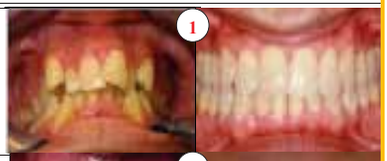

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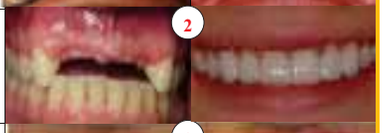

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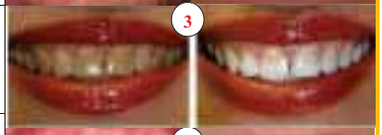

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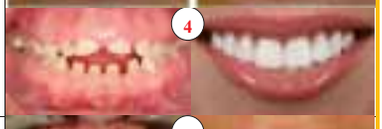

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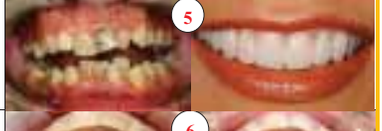

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Sweeten up

Dessert. The domestic diva shares a few summer entertaining tips and recipes.

Stewart's summer essentials

1 "When I think back on my favorite summer desserts or sweets, several flavors come to mind: lemon, root beer, cream and hot fudge. And when asked what I remember most about a meal, my answer is often "the dessert." A very good bowl of ice cream is about as perfect a dessert as one can find, especially for a warm summer day party. One large scoop of ice cream served in an amber-colored, vintage Venetian glass bowl is perfection."

2 "Sufficient refrigeration is essential when you're hosting lots of people in the summer. If you can, put extra refrigerators in your basement or garage, and establish enough storage space for extra dishware, glassware, linens and even a few additional tables and chairs."

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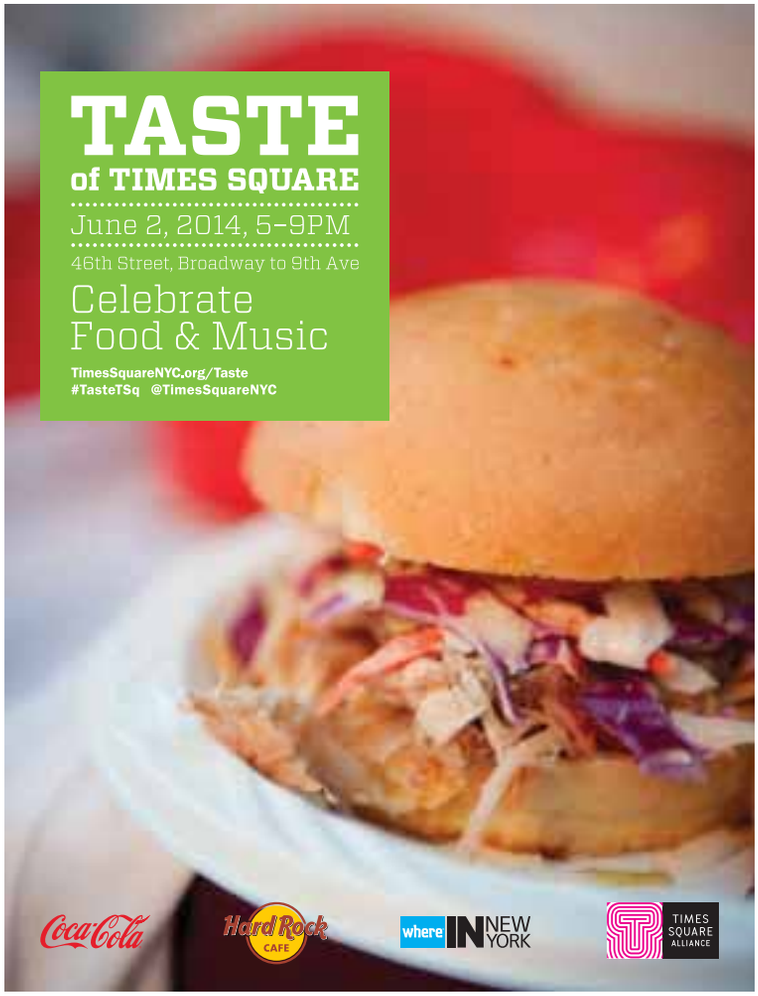

with Martha Stewart

Recipe. Blackberry-Oregano Pie

Impress guests with this blackberry-oregano pie. / PROVIDED

Active Time: 45 mins.
Total Time: 10 hrs.
Serves: 8

Ingredients

Crust:

- 4 cups plus 2 tbsp all-purpose flour, plus more for dusting
- 2 tsp coarse salt
- 3 sticks cold unsalted butter, cut into small pieces
- ¾ cup ice water

Filling:

- 7 cups blackberries (about 2 pounds)
- 1 tbsp fresh lemon juice
- ¾ cup granulated sugar
- 1 tbsp fresh oregano, finely chopped
- ¼ cup cornstarch
- Pinch of coarse salt
- 1 large egg, lightly beaten
- Coarse sanding sugar, for sprinkling

1 Pulse flour and salt in a food processor to combine. Add butter; pulse until mixture resembles coarse crumbs with some larger pieces remaining. Add ice water; pulse until dough just starts to come together. Divide dough into thirds, pat into disks, and wrap each in plastic; refrigerate at least one hour or overnight.

2 Let dough stand at room temperature until pliable. Roll out one disk on a lightly floured surface to an 11-inch round, about ¼-inch thick. Fit into a 9-inch pie plate. Trim overhang to just beyond rim of pie plate; tuck under to create a neat edge all around. Refrigerate until firm, about 30 minutes.

3 Meanwhile, roll out remaining two disks of dough to just under ¼-inch thick; freeze on two baking sheets until firm, about 30 minutes. Using a 1-inch fluted cookie cutter, cut out as many rounds as possible from sheets of dough (rerolling and cutting out scraps once). Return cutouts to freezer.

4 Toss blackberries with lemon juice, granulated sugar, oregano, cornstarch and salt in a bowl. Transfer to pie crust. Brush edge of pie crust with beaten egg and arrange overlapping rounds of dough on top of edge. Continue overlapping rounds to cover entire top. Freeze one hour.

5 Preheat oven to 400 degrees with a rack in the lower third and a baking sheet on rack below. Brush entire top of pie with egg wash and sprinkle with sanding sugar. Bake 30 minutes. Reduce heat to 375 degrees and continue to bake until juices are bubbling near center (if browning too quickly, tent top or edge with foil), about one hour. Let cool completely, at least six hours or overnight. Serve with whipped cream.

Recipe

The Watermelon Slushie

1 Cut, peel, cube and freeze 4 lbs. seedless watermelon.

2 Blend until smooth in a blender or food processor.

3 Add 1 oz. vodka and 2 oz. prosecco per 8 oz. slushie (optional).

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Zen in the City

GABRIELLE BERNSTEIN
WWW.GABBYB.TV
Gabrielle Bernstein is the author of "Spirit Junkie." Her new book, "Miracles Now," is in stores now.

Working with others can be a lot of fun, but it can also be your chief source of stress. The fact is, most of us were never taught the art of healthy collaboration, so navigating working relationships can be tricky. In any collaboration, you're dealing with different personalities and energy. When your energy doesn't flow with someone else's, getting even simple things done can be a massive struggle.

Throughout my career as an entrepreneur, I've worked with many vendors, agents, assistants and clients. Sometimes the relationships seem to flow naturally, but in other instances it's been tedious and trying. It's important to me to have a more efficient and peaceful work life, so over time I've developed — and committed to — some key best practices.

If you struggle to get along with your co-workers, clients or other colleagues, follow these three guidelines. They're guaranteed to change the energy, increase your productivity and keep the peace.

Support each other — you're all there to accomplish the same goals, after all. / WAVEBREAK MEDIA

The bright side

Focus on what you can give rather than what you can get

When you enter into any kind of work relationship (whether with a boss, a client, a co-worker or someone you're negotiating with), showing up with a service mentality has a powerful influence on your behavior and the outcome of a situation. This simple change in mind-set has a huge effect. Most of us are used to walking into a business situation with a "What can I get?" attitude. Instead, ask yourself, "What can I give?" Bringing forth an energy of service helps other people want to serve you back. Focus on how you can create a space where everyone wins.

It's not about you

Everyone comes to work with his or her own baggage. People show up to the office with neuroses dating back to childhood, fighting their own fear-based stories and limiting beliefs. No matter how much personal growth work someone has done, they're still struggling with old beliefs and behaviors. Therefore, it's essential to not take other people's personalities to heart. Their issues truly are not about you. When you can accept that every person is fighting his or her own tough battles, you can show up to the office with more compassion.

Your attitude is everything

By now you know the difference between what happens when you show up to work with a "baditude" and when you show up in good spirits. The moment you arrive in the office, you set the tone for the rest of the day. Your positive attitude is everything when it comes to healthy work relationships. To start your day off right, commit to approaching things with a positive intention. Before you walk through the door to your office, silently bless everyone you work with. Envision them smiling and happy. Send each one a positive thought. Your energy and intentions speak much louder than your words. Bring your good vibes to the office and expect miracles!

Metro does not endorse the opinions of the author.

PLUS

Research

Cynicism may be hurting your brain

Better kick that bad attitude before your golden years, or you could be at greater risk for dementia, according to a new Finnish study. Researchers at the University of Eastern Finland surveyed 1,500 Fins between the ages of 65 and 79 to assess their cynicism, which was defined as the belief that others' actions are motivated by selfishness. They found that the most cynical participants tended to be heavier and more likely to smoke. Past research has linked heart problems with negative attitudes such as cynicism and hostility, and researchers acknowledged that the health issues and behaviors of cynical people could be contributing to elevating their risk of developing dementia. REUTERS, EK

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Broken hearts mend the world

Grief. Whether a national tragedy or personal trauma, confronting our sadness is vital.

Hundreds of people attended the opening ceremony for the National September 11 Memorial & Museum last month. / GETTY IMAGES

The opening of the 9/11 Memorial Museum brought mixed feelings to the city most profoundly affected by its tragedy. But for those living with grief tied to the event, whether it's directly tied to the Sept. 11, 2001, attacks or the ensuing wars in Iraq and Afghanistan, the museum is a high-profile acknowledgement that their loss is not forgotten, according to psychotherapist Mandy Eppley.

"It's about letting survivors and families know that, while it is a trauma, we're not asking you to forget, and we won't forget," she says.

The museum is a rarity in the modern, fast-paced world that pressures people to overcome grief rather than allowing themselves to experience it fully, Eppley says. "Society is sending the messages subtly and directly to get on with it, because it's making everyone uncomfortable," she says. "The reality is grief has its own pace."

And it doesn't take an event the magnitude of 9/11 to spur grief — the end of a relationship, being laid off or health problems can all trigger feelings of profound sadness. But with so much tragedy constantly bombarding us on 24-hour news networks and the Internet, our individual losses can seem insignificant. "Technology is a gift and a blessing," Eppley says. "And at the same time, perhaps when we don't have digital boundaries and we have that coming at us all the time, maybe it desensitizes us to human suffering."

But there are consequences to not letting ourselves experience our sadness. "The truth of the human psyche is our capacity to feel the depth of our sorrow … is directly tied to how much we experience our joy," Eppley says. "We don't have the luxury of compartmentalizing our grief and it not impacting our capacity to feel overall."

Suppressing grief also robs us of its potential. "Grief is how we learn about who we are, it's what great movements are birthed out of," Eppley says. She advises taking your passion and turning it into action.

"People who have been brokenhearted are the ones bringing change to our planet," she says. "I've never seen a therapeutic technique that can hold a candle to people using their suffering to help others."

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The respite

Can't talk about it?

Allowing ourselves to experience the intensity of our feelings is not something many people are taught, Eppley says. To help those who may not confide in a loved one, let alone a professional, Eppley and fellow psychotherapist Chris Saade created the Model of Heart-Centered Grief, an in-home counseling program. To learn more, visit www.therespite.org/hope-now.

Quoted

"People who have been brokenhearted are the ones bringing change to our planet."
Mandy Eppley, psychotherapist

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This week in health news

As if air travel needed another way to cause misery. / PHOTODISC

Disease-causing bacteria thrive in airliner cabins

Location of study: U.S.
Results: Commercial airliner cabins can support the growth of harmful bacteria for up to one week, say researchers at Auburn University. MRSA was shown to live for seven days. E. coli survived for four. The harmful bacteria were found predominantly on seat-back pockets and armrests. For the study, investigators re-created the environment of a commercial flight by mimicking similar temperatures and humidity levels. Materials from armrests, tray tables, seat-back pockets, window shades and toilet buttons were provided by a major airliner.
Significance: Researchers say the study is not meant to alarm travelers — the findings are meant to encourage airlines to provide the most sanitary environments possible for passengers. "We want to work with [airlines] to minimize the risks to human health," Kiril Vaglenov, a graduate student in the department of biological sciences at Auburn University, said in a statement.

High cholesterol may make it harder to get pregnant

Location of study: U.S.
Study subjects: 500 couples trying to get pregnant
Results: Couples having difficulty conceiving might have a new culprit to blame. A recent study suggests that high cholesterol might contribute to infertility. When men had elevated cholesterol and women did not, there was no reported increase in the time it took to achieve pregnancy. But high cholesterol in women was a different story. Whenever a woman's levels were higher than normal, becoming pregnant took longer (even if the male partner's levels were fine).
Significance: Since the body uses cholesterol to create sex hormones, researchers speculate that it might be linked to fertility. They say the study's findings suggest that high cholesterol likely affects more than just heart health.

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Perfect your sales pitch

Entrepreneurship. How to sell yourself to the head honcho in 30 seconds.

Can you sell yourself in the time it takes to ride an elevator? / FUSE

Ask any entrepreneur and they'll say that one of the biggest keys to success is the ability to sell your product to a potential customer or investor in three minutes or less. A good "elevator pitch" is essential.

Kaeya Majmundar knows all about the importance of a good pitch. Majmundar first came up with the idea for the BZBox, a collapsible box that does not require any assembly, when she was helping a friend pack and the box suddenly fell apart. While building her product, she also became something of an elevator pitch expert, entering and winning the Collegiate Entrepreneurs' Organization's pitch competition in 2012.

Those skills were also put to use recently when Majmundar was selected to appear on the season finale of ABC's hit show "Shark Tank," where she successfully convinced investor Lori Grenier to back the BZBox.

Majmundar, a senior at Emory University, shares some tips on how to create a great pitch.

Draw your audience in

"You have to hook them," says Majmundar of potential investors. "I'd say the most important thing is to not get bogged down with the technical details. They'll ask the right questions if they are enticed."

Create a storyline

It's important to think of yourself as a storyteller, she says. A good story may convince people to overlook some shortcomings. Also, let your passion shine through. "I didn't have the business [savvy] when I got started," says Majmundar. "But people saw my enthusiasm and believed in me."

Be persistent

"The biggest thing that I've learned is to stick with it," says Majmundar. "I can't even say the number of times people have turned me down. But there's really no dead end. You can either take a left or a right."

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Tip

Remember, all feedback is good feedback

Even people who react negatively to your idea can still teach you something. "I tend to focus more on the negative feedback than the praise because it motivates me," says Majmundar. An iffy reception from a potential investor can lead you to come up with necessary tweaks to the product.

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Telecommuting. Learn how to create a balance that works when working from home.

If you're a student or a start-up type, chances are you're well-versed in working from home and in various cafes around town.

In a new study conducted by Ipsos Reid, researchers found 55 percent of those who are currently employed would not relocate for a job.

Remote (but tethered) workdays

Considering that statistic, more companies may need to consider telecommuting options.

Research shows flexible work-from-home strategies can have a positive impact for businesses and staff.

In a new study published this spring by the University of Minnesota, researchers found that increased flexibility results in wide-ranging benefits.

Study participants who were allowed to modify where they worked experienced fewer work-family conflicts and developed better relationships with their supervisors.

Studies show that working from home can increase productivity and happiness. DIGITAL VISION

Quoted

"Seeing greens on surfaces has been linked to thinking creatively."

Sally Augustin, design and environmental psychologist

Set the scene for agile productivity

If you're in charge of your schedule, be sure to determine your optimal working hours, and set clear boundaries to protect your personal prime time.

Protect your body from soreness or strain by doing some research on ergonomically correct office furnishings. For an added productivity boost, paint one wall green.

"Seeing greens on surfaces has been linked to thinking creatively," advises design and environmental psychologist Sally Augustin.

Not ready to paint your walls? Get an office plant instead, to add a touch of greenery, because research indicates that sharing your desk with foliage or flowers will make you feel happier, too.

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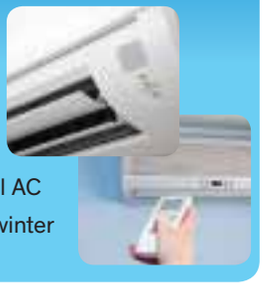

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Horoscope

♊ Gemini | May 22-June 20. Unexpected changes may cause uncertainty. Think positively, and the end result will be beneficial. Put your needs first.

♋ Cancer | June 21-July 22. Do what's necessary to reach your goals. Trying to keep up with a friend, peer or neighbor will result in dissatisfaction.

♌ Leo | July 23-Aug. 22. Your sensitivity and compassion for the underdog will add to your popularity. If you give all you can, you will gain respect and personal satisfaction.

♍ Virgo | Aug. 23-Sept. 22. You will have questions about the domestic situations you face. Be observant. Make it your business to ferret out information.

♎ Libra | Sept. 23-Oct. 22. Getting involved in events will raise your profile. You will also make influential business connections if you are prepared to take a position of leadership. .

♏ Scorpio | Oct. 23-Nov. 21. Helping others is a nice gesture, but now it's time to further your own position. Concentrate on your goals and preparation.

♐ Sagittarius | Nov. 22-Dec. 21. You will be the victor today. Put your best foot forward. Your confidence will help you excel, and will impress onlookers.

♑ Capricorn | Dec. 22-Jan. 20. Prepare to jettison your affinity for old means. It's time to update the way you think and become more in step with the times.

♒ Aquarius | Jan. 21-Feb. 18. You'll be tempted to stretch the truth. If you exaggerate about your qualifications, you will face consequences. Stick to the facts.

♓ Pisces | Feb. 19-March 20. Close the door on the past. Previous setbacks helped pave the way to where you are now. Dust yourself off and move forward.

♈ Aries | March 21-April 20. Take time to rest. You may not have as many allies as you think. Be willing to compromise if it will help you avoid a sticky situation.

♉ Taurus | April 21-May 21. A question can be resolved. Becoming preoccupied with minor issues will prevent you from seeing the big picture.

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	3			5			7	
	8		1	3		6		
			7			5	9	
	2			1				7
		3	4		7	2		
8				6			5	
	1	8			5			
		7		9	6		1	
	5			4			2	

			6					2
	1	4			2	6		
			4		3	8		7
		1	9				5	
		3	2		6	1		
	8				1	2		
1		9	5		8			
		8	7			5	4	
6					4			

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Change the way we confront violent people

We all grieve with those families whose lives are torn apart, but we don't insist on changes in the law that can help to reduce the chances of more and more of the same. While we must respect a person's privacy, professionals involved in mental health should collaborate on better ways to legally intervene with those disturbed individuals that may be on the verge of violence.

Sensible people should also agree that while the right to own guns for protection or sport will never change in this country, nobody but law enforcement or our military needs guns that can fire hundreds of rounds a minute.

Nothing will stop these senseless acts entirely, but for us to do nothing but feel sorry for the next group of victims and their families is a dereliction of duty. A sense of outrage has to start with us. If Sandy Hook caused no real change, is there hope? Not unless reasonable people get off their rear ends and demand it. Pray to God that we are not the next distraught mother or father on television after some other violent episode.

MURRAY CALHOUN III, VIA EMAIL

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16 Creator of Della
17 Facile
18 Fit of excitement
20 Egyptian Nobelist
22 Lunar New Year
23 Made inquiries
24 Spud
26 Fashion accessory
27 Flinched
30 Wool wax
34 Beyond measure
35 Snakes lack them
36 1300 hours
37 Business letter abbr.
38 Gift giver
40 Like larkspur
41 502 in Rome
42 Dappled
43 Place for shadow
45 Bolted down
47 Plays the market
48 Con votes
49 Rx amounts
50 Circus performer
53 Ruby
54 Iffy attempts
58 Oxygen conveyer
61 Somali supermodel
62 Petri-dish contents
63 Chopin opus
64 Fiddling despot
65 In shreds
66 Went on stage
67 Nibble

Down

1 Tea holders
2 Earthen pot
3 Set down
4 Wine offered to Dionysus
5 Auto co.
6 Burned and looted
7 Deeply felt
8 Soup-can flaw
9 Title of respect, in India
10 "C'mon!" (2 wds.)
11 Viking name
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13 Lean toward
19 Great care
21 Long-legged
25 Lingerie items
26 Rabbit burrows
27 Thigh muscles, in the gym
28 Loosen
29 Room under a roof
30 Thai language
31 Lounges around
32 Igloo dweller
33 Has to have
35 Goal
39 U.K. lexicon
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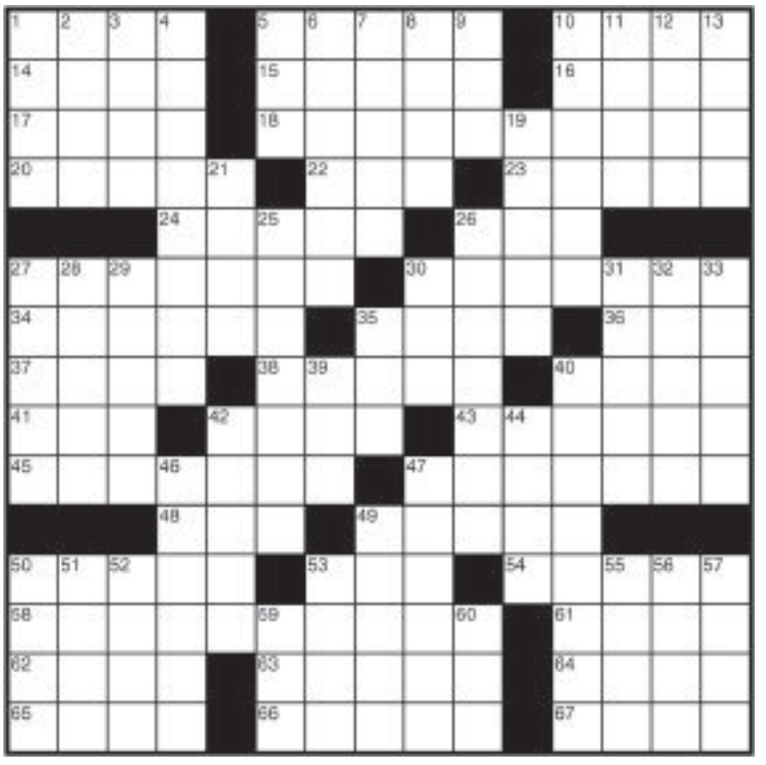

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3 SPORTS

Tuning up

US wins in match with Turkey

The U.S. soccer team picked up a solid 2-1 win over Turkey in its second-to-last international friendly before the World Cup opens on June 12. Clint Dempsey scored the game-winner in the 52nd minute. The U.S. will play Nigeria on Saturday in its final exhibition.

Finau takes side of BBQ with trip to NFL dream

NFL. A fortuitous meal led to a college scholarship and eventual stop in the NFL with the Jets defense.

See more at www.metro.us

Tevita Finau played in all four preseason games last season, and had a sack against the Giants, but did not play in a regular-season game in 2013. / GETTY IMAGES

If it weren't for a stop for Hawaiian barbecue on the way to the airport, Jets defensive end Tevita Finau might not be in the NFL today.

Finau has lived a life of travel. Born in New Zealand, his father owned a construction company that bid on projects throughout the Pacific, and the family followed. After birth, he moved to Hawaii, Tonga, back to New Zealand and then finally settled again in Hawaii — all by age 11. Rugby was his first love and he didn't play football until his final two years of high school.

And though he was all-state, he didn't go off to play big-time college football.

"I stayed home and helped the family — money issues and such. I jumped into my dad's construction company for about two years," Finau said. "Then some friends that I played rugby with got together and decided they'd go back to school. I said I'd go along for the ride."

All six players, including Finau, were promised scholarships by the coaching staff at Eastern Arizona College.

"We got there on campus, just off the plane and everything and an assistant coach came out and told us they ran out of scholarships," Finau said. "We got there and they said they ran out."

So they turned around and Finau assumed he'd go back to construction work.

With time before their flight back to Hawaii, the group stopped at a restaurant for chicken katsu. While eating, they noticed a man staring at them.

"He asks us, 'Do you all play football?' We said we did, but our school ran out of scholarships," Finau said. "Straight away he said, 'Would you want to check out my school? I just got hired as the linebackers coach there.' He told us it wasn't that far."

By the end of the day all six had enrolled at Phoenix College where Finau went on to play two seasons. He committed to West Virginia, but after a semester feeling homesick he decided to transfer to Utah, where a cousin played.

"The defensive coordinator called me and said that they could [count] all my classes [he'd already taken elsewhere]," Finau said. "So I took an overnight plane to get there and showed up the next day. And that's how I got to Utah."

Finau graduated with a 3.0 GPA and a degree in sociology. He even roomed with Jets 2014 seventh-round pick Trevor Reilly.

"I'm so blessed, so blessed to be there," Finau said. "I think it was the road I was meant to take."

KRISTIAN DYER
@KristianRDyer
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By the numbers

26

The 6-foot-5, 288-pound Finau did 26 reps of 225 pounds at his pro day in Utah before the 2012 NFL draft. Former Utah teammate Trevor Reilly joked Finau couldn't lift 100 pounds his first season, but left benching 400 pounds.

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Mets 4, Phillies 3

Mets win in extras second straight day

Even 39 innings in three days couldn't keep the Mets from winning their second straight game against the Phillies.

Lucas Duda pounded a two-run homer off Phillippe Aumont in the top of the 11th and Jenrry Mejia hung on for a save in the bottom of the inning to win 4-3.

Mejia allowed a solo shot to former Met Marlon Byrd before picking up his sixth save. Jon Niese allowed two runs in eight innings as starter. METRO

Twins 7, Yankees 2

Robertson blows save in Yankee loss

DAVID ROBERTSON
GETTY IMAGES

Phil Hughes made a successful return to the Bronx, while David Robertson had one of his worst days in pinstripes.

Robertson allowed a game-tying home run to Josh Willingham on the first pitch of the ninth inning and it only got worse from there.

The Twins scored six runs in the top of the ninth to take a 7-2 win to close out the series.

"I started bad right out of the gate," Robertson said. "First pitch, Willingham put it in the seats. That was a tough break. I tried to make a good pitch down and away and hopefully get him to hit a ground ball or something. But he made me pay for it."

Hughes went eight strong and took the win thanks to the comeback.

"Obviously I have some history here, but satisfaction postgame isn't different than any other win," Hughes said. METRO

Looking for a new coach

Fisher expects to talk to Knicks about coaching in 'day or two'

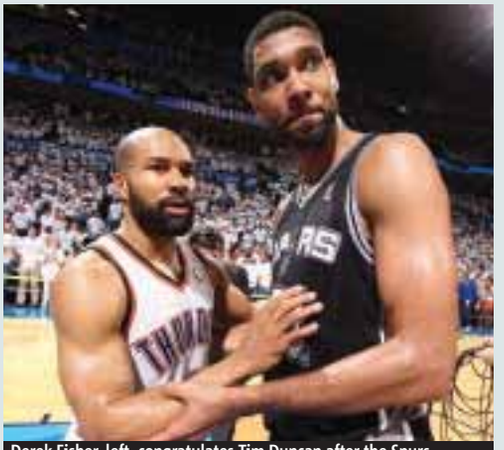
The Thunder wrapped up their 2013-14 season Saturday night with a disappointing loss to the Spurs. But for the Knicks, they're excited they may finally be close to getting a new head coach.

With Oklahoma City closing out its season, point guard Derek Fisher is finally available for a conversation with Knicks president Phil Jackson.

Fisher was non-committal after the loss, but said he'll likely talk to his former coach soon, though not for a "day or two."

"There'll be conversations and talks at some point," Fisher said. "This is still pretty raw and pretty fresh [with] what happened. So for the next day or two I want to make sure I respect whatever my future holds. Then as soon as possible I'll try to take the next steps."

Fisher hasn't even officially said he will be retiring — and he played significant minutes in the Game 6 loss — but he admitted following the game he lingered on the court with the idea it could be his final game.



Derek Fisher, left, congratulates Tim Duncan after the Spurs won the Western Conference finals Saturday. / GETTY IMAGES

By the numbers

17

Derek Fisher has played 17 seasons in the NBA for five different teams (Lakers, Warriors, Jazz, Mavericks and Thunder). He ranks 16th all time in NBA games played.

Jackson spoke to reporters on Friday and said Fisher is on his list of coaching candidates, though he admitted the 39-year-old lives in Los Angeles. The Lakers have yet to hire a replacement for Mike D'Antoni as well.

"He's got family in L.A. He's got little kids still in L.A.," Jackson said. "I have no idea if he wants to move his family and come here [to New York]."

The Knicks were expected to hire TNT broadcaster Steve Kerr to replace Mike Woodson, but despite a verbal agreement, Kerr chose to become head coach of Golden State.

Fisher has never been a coach at any level, but was president of the NBA Players Association and played for Jackson with the Lakers on five title teams (2000, 2001, 2002, 2009, 2010). **MARK OSBORNE**

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